

Bean Filling for Tacos or Burritos

Makes: 3 Tacos or Burritos

Tasty, quick, and easy to prepare.

Ingredients

1 tablespoon vegetable oil
1/2 cup onion (chopped)
1/2 cup green pepper (chopped)
1 cup pinto beans, dry (cooked)
3/4 cup salsa
1/4 teaspoon chili powder (or garlic powder)
3 taco shells (or 3 flour tortillas)
3 tablespoons shredded cheese or sour cream

Directions

1. Cook onion and green pepper in vegetable oil until soft.
2. Add cooked beans, salsa, and chili powder or garlic powder.
3. When beans are heated, mash them with a fork to make a thick mixture.

For tacos: Fill taco shell with bean mixture; top with shredded cheese or sour cream (and more salsa if you like).

For burritos: In a warm flour tortilla, place filling on one side; top with shredded cheese or sour cream. Roll up and serve with extra salsa.

Notes

Tips: Add shredded lettuce and tomatoes to tacos and

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	240	
Total Fat	10 g	
Protein	9 g	
Carbohydrates	31 g	
Dietary Fiber	7 g	
Saturated Fat	2.5 g	
Sodium	105 mg	

other vegetables to burritos.